

# The Effect of Buttock Therapy in Lowering the Level of Psychosomatic Symptoms and Improving Patient Attitude in Clients with Psychosomatic Symptoms

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Received: date; Revision: date; Accepted: date; Published: date

## Abstract

Psychosomatic is a psychological disorder that has an impact on physical disorders or vice versa that is often experienced by a person, but often the disorder is also ignored. Psychosomatics can be caused by various things, but in general it is caused by psychological stress that results in stress or anxiety. Psychosomatics can attack the weakest organs of the body when a person is facing psychological stress, the highest prevalence being hypertension and hypercholesterol. These conditions need to be addressed as early as possible. Therefore, the purpose of this study is to test the treatment of back acupuncture therapy in reducing the level of psychosomatic symptoms and improving patience in clients with psychosomatic symptoms. The research approach used is quantitative experiment with a pre-experiment design type. The pre-experiment design model used is one group pretest-posttest design. The research sample used was the entire client population with psychosomatic symptoms at the Totok Punggung Health Center, Jati Asih, Bekasi. The data collection techniques used were tests with pre-test and post-test instruments. The data analysis techniques used were descriptive analysis and hypothesis testing. Test the hypothesis using a paired sample t-test. The results of the descriptive analysis showed a decrease in psychosomatic symptoms pre-post back acupuncture therapy, namely pre-therapy which was in the low category by 32% and post-therapy by 72%. While patient attitudes also showed an improvement, pre-therapy which was in the high category by 57% and post-therapy by 62%. The results of the paired sample t-test showed a significance value of  $0.000 < 0.05$ , therefore  $H_0$  was rejected and  $H_a$  was accepted. So it can be concluded that back acupuncture therapy has an effect in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at Rumah Sehat, Jati Asih, Bekasi.

**Keywords:** : *Psychosomatic, abar, therapy, back puncture.*

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## 1. Intrudocction

The development of *artificial intelligence* (AI) entering a more rapid stage of development than the previous period has affected many aspects of human life. The development of AI technology has a significant impact on humans, especially in the field of human interaction with this technology (Gumelar, 2023). The development of AI also threatens the replacement of human labor in various professional fields (Berliana, 2023; Pratiwi, 2023). In the context of psychology, the excessive use of technology and the threat of human labor being replaced by technology will be able to affect various aspects of human behavior and health such as sleep disorders, dependence on technology, and a series of other mental health problems (Graham et al., 2019).

Based on basic health research in 2018 conducted by the Ministry of Health of the Republic of Indonesia, the prevalence of depression in the Indonesian population is 6.1% of the total population of Indonesia aged  $\geq 15$  years (Ministry of Health of the Republic of Indonesia, 2018). Depression is caused by several factors consisting of external factors and internal factors. Based on medical research, the intensity of the use of technology is one of the causes of depression (Al Aziz, 2020). In addition to excessive use of technology, depression can also be caused by excessive anxiety (Dirgayunita, 2016).

Anxiety is often considered a common phenomenon and is common in a person so most choose to let it go and think it will heal on its own. In fact, excessive anxiety experienced by a person if left unresolved will cause psychosomatic (Anissa et al., 2018). Psychosomatic is a physical disorder caused by mental and social-emotional conditions that are allowed to accumulate and can cause shocks in a person (Yusfarani, 2021). Psychosomatic according to the theory of *somatic weakness* can occur because biological organs are already in a weak state (APA Dictionary).

Psychosomatics can affect certain organs of the body which can differ from one sufferer to another depending on which organ is the weakest when facing a psychological disorder (Fava et al., 2017). Psychosomatics have many types, but the highest prevalence is hypertension and cholesterol conditions that are too high or too low. Hypertension and cholesterol conditions that are too high or low are correlated with various serious diseases and even risk death, but are often considered mild or unpleasant by sufferers (Aini & Husnawati, 2022). Based on basic health research by the Ministry of Health of the Republic of Indonesia in 2018, the prevalence of hypertension in Indonesia is 34.1% while people with hypercholesterol reach 28% (Ministry of Health of the Republic of Indonesia, 2018; RSST Promkes Team, 2022). This figure has the potential to get higher over time. This situation is very worrying considering that hypertension and hypercholesterol will trigger serious diseases such as coronary heart disease, kidney failure, and stroke (RI, 2021). Therefore, there needs to be an effort to reduce psychosomatic symptoms immediately or as early as possible so as not to have an impact on more dangerous diseases.

A person who experiences mental health disorders, especially those accompanied by physical health disorders such as those experienced by psychosomatic sufferers through various heavy things, this is one of the tests for the sufferer. Patience is one of the things that is indispensable in every condition, especially physical and psychological illness. The definition

of patience in terminology is refraining from everything that you do not like because you hope for the pleasure of Allah SWT (Ross et al., 2020). Psychologically, patience is a dynamic defense mechanism to overcome the trials that befall humans. The concept of patience in the discussion of psychology is included in the study of positive psychology as well as gratitude and forgiveness (Subandi, 2011). Based on the results of previous research, the patient attitude possessed by a person is related to how to respond to illness or other painful events that he is experiencing. A person who has a patient attitude can give birth to a person with a healthy coat so that he is able to control himself well, accept the reality of life, think calmly and not easily despair (Ernadewita et al., 2019).

Efforts to reduce psychosomatic symptoms and improve patience in the face of difficult situations can be done through therapy. Some types of therapy that have been proven to be applicable include spiritual emotional freedom technique (SEFT) therapy, hypnotherapy, and EFT (Rahmadania & Zoahira, 2021; Umary, 2018; Yuliana et al., 2021). SEFT therapy is applied to psychosomatic patients with various types of results, the anxiety experienced decreases to a moderate level, the symptoms experienced by the physical decrease but are not completely (Rahmadania & Zoahira, 2021). Hypnotherapy therapy applied to psychosomatic patients who attack the digestive organs and asthma can reduce the level of pain in the digestive and respiratory tract (Umary, 2018).

Of the various types of therapies that have been applied in previous research as described above, in some ways there are still shortcomings so that the results are not optimal. Back acupuncture therapy is one of the *treatments* that can be used as a treatment to alleviate psychosomatic symptoms. Back acupuncture therapy is a treatment method or therapy that uses the fingers of the hand. The fingers are used by pressing, shaking, and vibrating to provide stimulants (punches) at a certain point centered in the back area (Abdurachman, 2020).

Based on research conducted by Budiono & Pertami, (2022) back acupuncture therapy can reduce high blood pressure in hypertensive patients, reduce headache pain, lower blood glucose levels in people with diabetes mellitus, and lower cholesterol levels. Similar research related to the application of back acupuncture therapy to clients with hypertension has decreased (Maharani & Widodo, 2019; Suhartini & Mustayah, 2021). In the study, it was explained that the decrease occurred because the back acupuncture was carried out in areas that are directly related to the point of disease.

Based on this description, the focus of this study is to test the *treatment* of back acupuncture therapy in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms. The hypotheses proposed in this study are as follows:

H0: There was no difference in the average level of psychosomatic symptoms and patience between the pre-test and post-test results, which means that there was no effect of *back* acupuncture treatment in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at the Jati Asih Health Home Clinic, Bekasi.

Ha: There is a difference in the average level of psychosomatic symptoms and patience between the results of the pre-test and post-test, which means that there is an effect of *back* acupuncture treatment in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at the Jati Asih Health Home Clinic, Bekasi.

This research uses an experimental quantitative approach. Quantitative experiments are methods used to determine whether an intervention affects the results of a study or not. In this study, the type of quantitative experiment used is *pre-experiment design*. *Pre-experiment*

*design* is when researchers observe a major group and intervene in that group (John W. Creswell, 2017). The form of *pre-experimental design* used is *one group pretest-posttest design*.

$$O_1XO_2$$

O1 → Pretest value (before back *acupuncture treatment*)

X → Treatment (Application of *buttock treatment*)

O2 → Posttest value (after applying *buttock treatment*)

The population in this study is all clients who have psychosomatic symptoms at the Rumah Sehat Totok Punggung clinic, Jati Asih, Bekasi. The sample and population in this study are the same, if the population and research sample are the same, the sampling technique used is saturated sampling (Sugiyono, 2012).

The data collection technique to see whether there is a change in a treatment or not is using a test (Arikunto, 2002). The test was carried out using pre-test and post-test instruments, before and after the treatment of back *acupuncture* on the client. The instruments used are *the psychosomatic complaint scale* instrument and the patience instrument (Permanasari & Succession, 2022; Takata & Sakata, 2004). The psychosomatic and patience instrument consists of 30 items that have been tested for validity and realism. The psychosomatic instruments and patience of the Likert scale are 1) never, 2) rarely, 3) sometimes, and 4) often.

The data analysis techniques used with *the one group pretest-posttest design* experimental model are descriptive statistical data analysis and hypothesis test data analysis. Descriptive analysis is used to analyze data by describing quantitative data. The hypothesis test analysis used in this study is the paired sample t-test. The *paired sample t-test* is a test used to assess the effectiveness of behavior by marking the difference in the average before and after being given a behavior (Sugiyono, 2012). The following is the formula for the paired sample t-test.

$$t = \frac{\bar{D}}{\left( \frac{SD}{\sqrt{N}} \right)}$$

t= Calculated t-value

D= Average sample measurements 1 and 2

SD= standard deviation of measurements 1 and 2

N= Number of samples

## 2. Results

### 2.1. Butt Acupuncture Therapy

Therapy has the meaning of restoring health, treating diseases, and treating diseases (KBBI, 2002). In the dictionary of psychology, therapy has the meaning of a treatment as a healing effort (Chaplin, 1999). The human back is located at the back of the body and has an anatomical picture in the form of a bony arch. The human spine or *vertebral column* is a flexible structure of a number of bones called vertebrae or vertebrae. The length of the spine in adults reaches 57 cm – 67 cm. There are a total of 33 bone segments, 24 of which are separate bones and the other nine segments combine to form two bones (Pearce, 2010).

According to various opinions, buttock acupuncture or often called butung is a massage therapy method whose technique is similar to acupuncture. If acupuncture uses needles in the implementation, the buttock acupuncture only uses the strength of the hand to puncture certain points on the back (Harismi, 2023). Back acupuncture is a treatment or therapy method that uses the fingers of the hand. The fingers of the hand are used by pressing, shaking, and vibrating to provide stimulants (punches) at a specific point centered in the back area. The point where the acupuncture is performed is connected to complaints in certain parts of the organ that are disturbed. The injection is done to decompose fat in blood vessels that impair blood circulation and stimulate the spinal nerve (Abdurachman, 2020).

The back acupuncture therapy technique is divided into five stages, including the preparation stage, then intention and prayer, the diagnosis stage, the general treatment stage, and the specific treatment stage. The infusion stage includes performing ablution and ensuring that the nails are not long as well as preparing the necessary equipment. After that, it continues at the stage of preparing intentions and praying for the client. At the diagnosis stage of the back that is pinned, the lumbar area of the lowest segment (L5) is upwards, namely in the area above the spine segment (L7). The general treatment stage is carried out for 10-15 minutes, general treatment is carried out to decipher the blockage before the implant is carried out. The last stage is the specific treatment stage, at this stage the blockage is carried out (Abdurachman, 2020).

Back acupuncture therapy has several benefits based on the results of research, including lowering blood pressure and hypertension. In addition, back acupuncture also has properties to relieve headaches, improve sleep quality, lower blood glucose levels, and lower cholesterol levels (Budiono & Pertami, 2022; Maharani & Widodo, 2019; Suhartini & Mustayah, 2021).

### **Psychosomatic Theory**

Psychosomatic comes from the Greek word which consists of two words *psyche* which means soul and *soma* which means body (Atkinson et al., 1999). The definition of psychosomatic is a disorder that occurs in the physical world caused by an emotional condition (Kartono, 2000). Psychosomatic is a physical disorder caused by emotional and psychological stress, or conversely, psychological disorders occur as a result of physical disorders (Anshari, 1966). According to the dictionary of psychology, psychosomatic is a physical disorder resulting from excessive physiological disorders in reacting to emotional symptoms (Kartono & Galio, 2000).

Psychosomatics starts from an emotional stimulus experienced by a person, then these emotions are captured by the five senses and passed on to the limbic system which is the center of emotions. From the limbic system, emotions are then realized and then decisions are made to carry out certain actions that are expressed. Then the limbic system gives commands that are channeled by the *thalamus* and *hypothalamus* to certain organs which are then excreted in various forms. If the stimulus is considered dangerous, it will cause a psychic reaction in the form of emotional tension followed by hyperactive body activity, such as rapid heartbeat, tense muscles and others. If the disorder persists, it will cause damage to the body's tissues, resulting in psychosomatic (Maramis, 2004).

Psychosomatics is not caused by a single cause but rather by disorders from various aspects. Psychosomatic disorders are the end result of the interaction between genetic factors and various events that occur in life (Çolak, 2014). The main cause of psychosomatic according to Atkinson (1999) is the stress experienced that results in stress, while other causes are behavioral patterns and conditions that are vulnerable to physical and

psychological health (Atkinson et al., 1999; Mc.Quade & Aikman, 1991). Other causes are social factors, family factors, health factors, and psychological factors (Maramis, 2004).

Psychosomatics can occur in weak organs of the body when a person experiences a stress or unstable psychological condition. Therefore, the psychosomatic experience experienced by each person can be the same or different. Psychosomatics can affect the skin, psychosomatic to muscles and bones, psychosomatic to the respiratory tract, psychosomatic to the heart organ, psychosomatic to digestion, and psychosomatic to endocrine organs (Maramis, 2004).

## 2.2. *Patience Theory*

Sabar comes from the Arabic word *sabra* which means depending on what word follows it. The word *sabra* followed by the word *'ala* means steadfast. The word *patience* followed by the word *'an* means to restraint or prevent. Meanwhile, the word *sabara* if followed by the word *bihi*, has the meaning of bearing (Munawir, 1997).

The definition of patience according to Dzun Nun Al-Misri is patience is to distance oneself from anything that is contrary to His prohibitions. Patience according to Ibn Athailah is steadfastness in facing various trials and trials (Abuddin Nata, 1997). According to Al-Ashfani, patience has various meanings depending on the object it is facing. When a person faces a calamity and is able to refrain from giving up, that is patience. When a person is worried about something and is able to restrain himself, then that is patience. It can be concluded that patience is the ability to restrain oneself in facing something difficult, heavy and worrying (Shihab, 2007).

Patience in the social context is often associated with the word resignation, resignation is often interpreted as an attitude of accepting unpleasant or unexpected circumstances (Muna et al., 2016). Patience is also interpreted as the ability to continue to be enthusiastic in order to solve or get out of a difficult and difficult problem (Rahmat, 2020). Patience also means being able to stay away from and abandon all negative behaviors, be patient in carrying out all obedience to Allah SWT, be patient in not committing immorality, and be patient in facing trials (Agustin, 2020).

Patience has aspects such as being able to control anxiety, being able to control anxiety, being able not to complain in dealing with various situations that he is facing, being able to refrain from hurting himself or others (Subandi, 2011).

The results of the analysis of research data can be described in the following table:

### *Variable Data Description*

Based on the results of the calculation of pre-test data or before being given back acupuncture treatment and post-test or after being given back acupuncture treatment, the results obtained are as follows:

*Table 1 Description of Research Results Data*

Psychosomatic Symptoms				Patience			
Pre-Test		Post-Test		Pre-Test		Post-Test	
%	Category	%	Category	%	Category	%	Category

<b>34%</b>	Low	<b>72%</b>	Low	<b>43%</b>	Low	<b>38%</b>	Low
<b>66%</b>	Tall	<b>28%</b>	Tall	<b>57%</b>	Tall	<b>62%</b>	Tall

Source: Primary data processing, 2023

Based on the table of pre-test and post-test results above, it can be seen that the level of psychosomatic symptoms from the study sample shows a decrease in the level of psychosomatic symptoms, this is shown by an increase in the percentage in the low category from before being given *back* acupuncture treatment by 34% and after being given *treatment* by 72%. While the level of patience based on the results of the pre-test and post-test above showed an increase, it was shown by an increase in the percentage in the high category, before being given *back* acupuncture treatment, the level of patience in the high category was 57% while after being given *back* acupuncture treatment was 62%.

#### Prerequisite Analysis

##### Normality test

The results of the variable normality test in the study can be shown in the section below.

Table 2 Normality test results

Variable	Significance	Description
<b>Psychosomatic symptoms</b>	0,200	Normal
<b>Patience</b>	0,141	Normal

Source: primary data processing, 2023

The results of the normality test above show that all research variables have a significant value because the results have a significance value of more than 0.005, so it can be concluded that all data are distributed normally.

#### Homogeneity test

The results of the homogeneity test can be seen below:

Table 3 Homogeneity Test Results

Levene Statistic	df1	df2	Sig.
<b>4.620</b>	1	264	.033

Source: Primary data processing, 2023

Based on the results of the homogeneity analysis in the table above, a significance value of  $0.033 > 0.05$  was obtained, so this alternative hypothesis was accepted, assuming that the variation of each sample was the same or homogeneous.

##### Uji hypothesis

The hypothesis test used in this study is a *paired sample t-test*, this test is used to find out whether there is a difference between *pre-test* and *post-test*. The following are the results of the *paired sample test*.

Table 4 Paired Sample Test Results

	Paired Differences					t	df	Sig (2-tailed)
	NMean	Std. deviation	Std.Eror mean	95% Interval Difference	Confidence of the			
				Lower	Upper			
<b>PraPsiko – PostPsiko</b>	16.135	15.919	1.380	13.405	18.866	11.689	132	.000
<b>PraSabar PostSabar</b>	2.902	3.800	.329	2.251	3.554	8.809	132	.000

Source: Primary data processing, 2023

Based on the table above, it can be seen that the significance value of the psychosomatic variable is 0.000, so based on the decision-making guidelines in *the paired t-test* the significance is  $0.000 < 0.05$ . The significance value for the psychosomatic and patient variables is 0.000, then based on the decision-making guidelines in *the paired t-test*, the significance is  $0.000 < 0.05$ . Therefore  $H_0$  was rejected and  $H_a$  was accepted. So it can be concluded that there is a difference in the average level of psychosomatic symptoms and patience between the results of the pre-test and post-test, which means that there is an effect of *back acupuncture treatment* in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at the Jati Asih Health Home Clinic, Bekasi.

The table above also displays the results of t-calculation, based on the table above, it is known that the t-value of the calculation on the psychosomatic variable is 11.689 while the t-value of the table is 1.978, then it can be seen that the t-value of the calculation is  $11.689 > 1.978$ . While the t-value of the variable of patience is 8,809 and the t-table value is 1.978, it can be seen that the t-value of 8,809  $> 1.978$ . Therefore,  $H_0$ 's hypothesis was rejected and  $H_a$  was accepted, there was a difference in the average level of psychosomatic symptoms and patience between the results of the pre-test and post-test, which means that there was an effect of *back acupuncture treatment* in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at the Jati Asih Health Home Clinic, Bekasi.

Psychosomatic disorders that attack certain organs are a condition that is quite worrisome, one of which can be the cause of heart disease (Burini et al., 2023; Shah et al., 2011). Psychosomatic disorders can attack the weakest organs when the mental condition is unstable, both the heart and other organs (Maramis, 2004). This can happen because a person's psychic condition can affect physical conditions, and vice versa physical conditions can affect psychic conditions. In a study, it was revealed that a person who actively engages in positive physical activity has a lower chance of experiencing psychological health problems compared to those who do not actively engage in positive physical activity (Bafageeh & Loux, 2022).

Psychosomatics experienced by a person begin when an emotional stimulus appears, then these emotions are captured by the five senses and passed on to the limbic system which is the center of emotions. From the limbic system, then emotions are realized and then decisions are made to perform certain actions that are expressed. Then the limbic system gives commands that are channeled by the *thalamus* and *hypothalamus* to certain organs which are then excreted in various forms. If the stimulus is considered dangerous, it will cause



a psychic reaction in the form of emotional tension followed by hyperactive body activity, such as rapid heartbeat, tense muscles and others. If the disorder persists, it will cause damage to body tissues, resulting in psychosomatic (Maramis, 2004; Stuart, 2012; Zhang et al., 2022).

Back acupuncture therapy is carried out by pressing, shaking, and vibrating techniques to provide stimulants to certain points or nerve nodes in the back area that are directly connected to the complaint of the disease. The back is the part closest to the nerve root that comes out of the spinal cord and goes to all organs of the body. In addition, the back is also the center of blockages, and the most convenient place for bad fats and cholesterol to hide (Abdurachman, 2020).

In psychosomatic cases, the area that is tagged is in the back area adjacent to the stomach and heart (Abdurachman, 2020). The stomach is located on the left side of the abdominal cavity at the height of the first thoracic and lumbar vertebrae (Vdoviaková et al., 2016). While the heart is located in the middle cavity of the chest, on the left side of the body in thoracic ones to five (Pearce, 2010). Therefore, specific treatment in psychosomatic cases is focused on the first lumbar and shoulder blades (Abdurachman, 2020).

Complaints or psychosomatic symptoms in respondents can decrease after being given back acupuncture therapy because the blockage at the heart and stomach points is decomposed, so that the psychosomatic symptoms experienced by the client also decrease (Abdurachman, 2020). The blockage is decomposed due to the relaxation effect of the back acupuncture treatment which is carried out at the first lumbar and thoracic points one to five or in the shoulder and shoulder area. Back acupuncture therapy can also stimulate mast cells to release histamine as a blood vessel vasodilation medium, so that the body becomes relaxed and blood circulation becomes smooth (Agustina & A. Soemardji, 2015; Maharani & Widodo, 2019).

Facing situations outside of desire is a challenge in itself, as is the case in dealing with and undergoing physical pain caused by psychic or vice versa. Patience According to Ibn Athailah, patience is perseverance in facing various trials and tribulations (Abuddin Nata, 1997). Patience is also interpreted as the ability to continue to be enthusiastic in order to solve or get out of a difficult and difficult problem (Rahmat, 2020).

The results of data analysis in table 1 and table 2 above show an increase in patient patience in clients with psychosomatic symptoms after being given *back* acupuncture therapy treatment. In the practice of back acupuncture therapy, the therapist not only performs back acupuncture to the client, but is also accompanied by therapeutic communication. Therapeutic communication in the healing process is very important, especially to rebuild the client's spirit to heal (Stuart, 2012).

Based on the results of Azzubair & Anshori's research, (2022) the implementation of therapeutic communication carried out by back acupuncture therapists has four stages, namely, the pre-interaction stage, the orientation stage or when meeting with clients, the action stage, and the evaluation stage. The pre-interaction stage that the back acupuncture therapist does by exploring the client's feelings and expectations in the treatment process, and creating a routine therapy schedule. The orientation stage carried out by a back acupuncture therapist is to open a conversation or *small talk* first before starting therapy, explain the stages of back acupuncture therapy, listen and respond to client complaints. Then continuing to the stage of back acupuncture therapy, the therapist at the time of performing the acupuncture is not only silent but also while asking questions or responding to the client. The last stage is the evaluation stage, the back acupuncture therapist after performing the

acupuncture discusses with the client or his family regarding the development and also the next stage. In these sessions, clients usually tell what they experienced to release emotional burdens (Azzubair & Anshori, 2022).

### 3. Conclusion

Based on the above hypothesis test, it can be seen that the significance value is  $0.000 < 0.05$  and the t-value calculated  $>$  the t-value of the table is  $11.689 > 1.978$ . So it can be concluded that back acupuncture therapy has an effect in reducing the level of psychosomatic symptoms and increasing patience in clients with psychosomatic symptoms at Rumah Sehat, Jati Asih, Bekasi. The decrease in psychosomatic symptoms in the experimental respondents occurred because the specific treatment was focused on deterring the blockages found in the lumbar part of the first and shoulder blades, where the two parts are close to the heart and stomach as the source of psychosomatic symptoms. The effect of the body becoming relaxed after back acupuncture therapy makes the blockage unravel and blood circulation becomes smooth, so that the psychosomatic symptoms experienced also decrease. Meanwhile, the level of patient attitude in the client also increases because in back acupuncture therapy, the therapist also applies therapeutic communication and opens a discussion space for the client to release the emotional burden.

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